



Brain Health

Reducing the Risk of Cognitive Impairment

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Risk Factors

- Aging well depends on your:
 - Genes
 - Environment
 - Lifestyle
- Lifestyle choices may help keep your body and brain healthy



Risk Factors for Alzheimer's

Some factors we cannot control:

- Age
- Genetics

Some factors are modifiable:

- Head injury
- High blood pressure
- Diabetes
- Depression
- Stress
- Sleep



Modifiable Risk & Protective Factors

- Education
- Medical co-morbidities
- Acute illness - delirium
- Physical activity
- Other actions
 - Social & intellectual engagement
 - Adequate sleep
 - Cognitive training, nutraceuticals, supplements and medications





8 Tips to Reduce Your Risk for Later Life Cognitive Impairment

Tip 1: Exercise



You are never too old to start!

Exercise



Go Hulda Crooks!

Exercise – How does it work?

- Increases oxygen-rich blood flow to the brain
- Increases alertness and processing speed
- Stimulates production of brain growth factors that increase connectivity in the brain
- Fights depression



Tip 2: “Eat Your Way to Brain Health”

AARP Bulletin/ October 2015

- What is good for your heart is good for your brain
- MIND Diet cuts AD risk by 53%
 - Vegetables- especially leafy greens
 - Fish
 - Nuts
 - Whole grain
 - Berries
 - Daily glass of wine
 - Foods high in anti-oxidants



Diet: Can fats be good for me?

It depends!

- Saturated fats and trans fats
 - Animal-based fats
 - Processed snack fats
- Unsaturated fats
 - Plant-based fats
 - Olive oil
 - Nuts

minimize



MAXIMIZE



Diet: What food does to your brain

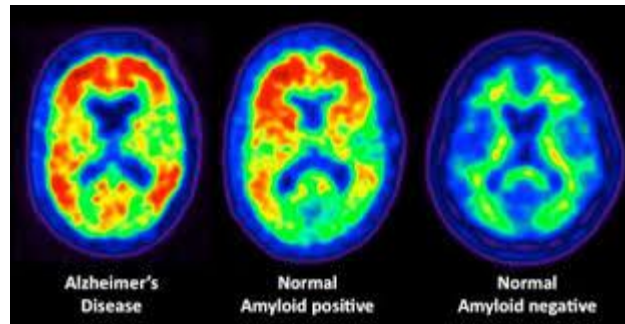
- Anti-oxidants fight inflammation, protecting brain cells:
Olive oil, broccoli, leafy greens, green tea



- Like exercise, foods that enhance blood flow may stimulate neuron growth in the hippocampus:
Tomatoes, beets, avocados and other dark-hued foods

Diet: What food does to your brain

- Possible amyloid plaque reduction: Nuts (especially walnuts & almonds), curcumin, pomegranates



- Increase brain-derived neurotrophic factor, which helps the brain grow new neurons: Fish, blueberries, grapes, coffee, dark chocolate



Tip 3: Take Care of Your Health

- Manage your diabetes, cholesterol and blood pressure
- Watch your weight
- Get adequate sleep
- Stop smoking
- Take your medications appropriately and report side-effects



Tip 4: Stay Social

- Family
 - Friends
 - Hobbies
 - Clubs
 - Community
 - Work or volunteer
 - Place of spiritual renewal



Tip 5: Exercise Your Brain



- **Keep learning:** Take a class, try a new hobby
- Read books or newspapers
- Play games like chess, checkers, cards, mah jong
- Do puzzles such as crosswords, Sudoku, etc.
- Change your daily routine

Source: National Institute on Aging

Tip 6: Sleep Well



- **Aim for 7+ hours** of uninterrupted sleep
- Less than 6 hours may affect your memory
- Insufficient or disrupted sleep can interfere with memory
- Too much sleep can also affect brain function

Tip 7: Reduce Stress



- **Learn ways to cope during stressful times**
- Music, reading, writing, talking with a friend
- Nature, gardening, pets
- Exercising, hiking, walking
- Meditation, yoga, tai chi
- Deep breathing exercises
- Find something that works for you

Tip 8: Learn Memory Skills



- **Manage memory:** break information into small pieces
- **Use techniques:** organize information into rhymes
- **Associate:** connect new information with things you know
- **Use cues:** like post-its, etc.
- **Rehearse:** practice concentration exercises
- **Use the environment:** always put keys, wallet, purse in the same location

8 Steps: Your Personal Plan

1. Exercise your Body
2. Eat Healthy
3. Take Care of Your Health
4. Stay Social
5. Exercise Your Brain
6. Sleep Well
7. Reduce Stress
8. Learn Memory Skills

Alzheimer's Greater Los Angeles

www.alzgla.org **844-HELP-ALZ**



- **Helpline:** call with any question, language translation available
- **Care Counseling:** free one-on-one help
- **Education & Training:** classes on Alzheimer's and caregiving
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